

New! Gentle Fitness

at Tillim Senior Center!

Gentle Fitness seamlessly blends the wisdom of Yoga, Tai Chi, & Feldenkrais with today's state-of-the-art exercise sciences. It uses stretching, self-massage, exercise, and breathing techniques that are easy, natural, and therapeutic. Gentle fitness is 80% sitting and it's great for strength, flexibility, and balance. It will help lift your spirits and it just plain feels good!

Wednesdays at 9:30a.m. ~ 10:15a.m.

Tillim Senior Citizens Center
3614 W. Artesia Blvd. in Torrance
310-329-1889



Do something good for yourself!